



Cabin Fever Day Registration Form

Friday, February 28, 2014 · 10:00 a.m. - 2:30 p.m.

Frederick County Department of Aging
1440 Taney Avenue, Frederick, MD 21702
301-600-1605 · www.FrederickCountyMD.gov/aging

Name: _____ Phone: _____

Address: _____

City/State/Zip: _____

Date of Birth (month/day/year): _____

\$10 per person (includes all activities and a box lunch)

Registration and payment due by 2/21/2014

Registrations will not be accepted without payment.

Registrations may be made at any of the Frederick County Senior Centers.

Check the activities below that you wish to attend

Morning Activities – two hour session		
	10:00 am - Noon	Backyard Birding
	10:00 am - Noon	Paint Like Monet
	10:00 am - Noon	Gardening Tips
Morning Activities – one hour session		
	10:00 - 11:00 am	Smart Phone/Tablet Introduction
	11:00 am - Noon	Picture This
Morning Activities – 30 minute session		
	10:00 - 10:30 am	Tai Chi
	10:30 - 11:00 am	Chair Yoga
	11:00 - 11:30 am	Zumba Gold
	11:30 am - Noon	Line Dancing
Lunch		
	Noon	Lunch
Afternoon Activities – two hour session		
	12:30 - 2:30 pm	What's Your Story?
	12:30 - 2:30 pm	Easy Scarf
	12:30 - 2:30 pm	Fly Fishing Untangled
Afternoon Drop-in Any Time Activities		
	12:30 - 2:30 pm	Wii Bowling
	12:30 - 2:30 pm	Pay It Forward
All Day Drop-in Any Time Activities		
	10:00 am - 2:30 pm	Cards and Games
	10:00 am - 2:30 pm	UpCycle

(see back for descriptions of the activities)

Backyard Birding

Curious about how to attract and care for the wild birds that regularly visit your backyard? Learn how to meet the basic needs of food, water, shelter, nesting and safety.

Cards and Games

Fun! Games! Laughter! Rummikub, Phase Ten, dominos, cards, and a wide variety of other games! Your choice!

Chair Yoga

This is a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.

Easy Scarf

Want a new scarf in a hurry? Then this class is for you. The most difficult step will be deciding what color yarn to use.

Fly Fishing Untangled

Join a member of the Potomac Valley Fly Fishing Association as he discusses how to get started in this popular sport. Check out rods, nets, and other equipment; and learn about the PVFFA equipment lending program, as well as classes and trips for novice or advanced fishermen and women.

Gardening Tips

Gardening season is right around the corner. Learn tips and trade secrets from a master gardener.

Line Dancing

Enjoy a choreographed pattern of steps where the dancers are in rows.

Lunch

Chicken Sandwich, Potato Salad, Cole Slaw, Diced Fruit, Coffee, Juice, Milk

Paint Like Monet

Create a fabulous abstract watercolor painting worthy to hang in any gallery. Absolutely no previous experience required!

Pay It Forward

Help assemble emergency meal packets for vulnerable older adults in Frederick County. All the components for two healthy meals will be provided. Packets will be distributed at a later date to Meals on Wheels recipients and others in need of emergency food supplies.

Picture This

Local Photo blogger Cam Davis will share pointers and examples of how to make your photos frame worthy. No matter what type of camera you use, treasured memories are just one click away.

Smart Phone/Tablet Introduction

Thinking about buying a smart phone or a tablet? Learn more about these devices.

Tai Chi

Improve Balance & Strength of Body!
Achieve Clarity & Focus of Mind!
Gain Calmness & Lightness of Spirit!

Up Cycle

Repurpose and create using things found around the house. Take home finished projects and the instructions for projects to share with grandkids or craft groups.

What's Your Story?

Preserve your favorite memories to pass on to friends and family. Frederick author James Gillespie and his son Craig share how James' memories of growing up in pre-war China were preserved as a self published book. Receive a free workbook to get started.

Wii Bowling

Enjoy a spirited game of bowling. It's the sights and sounds of a real bowling alley without the heavy ball.

Zumba Gold

It's an invigorating, dance-fitness class providing modified, low-impact moves for active older adults.